

Dr. S Laybourn and Partners - Autumn Newsletter 2023.

Doctors.

Things are on the “Maternity Roundabout” again as in November we will see the return of Dr Pipe from her year’s Maternity Leave; but the at the same time we wave Dr Brookes off on Maternity Leave again, followed a few months later by Dr Cotter in February 2024. However, I am pleased to say that Dr Watson will continue into his third year of Maternity Leave cover, even though he too has taken delivery of his first born during this tenure and is soon to expect his second as well!

Flu and Covid Vaccinations.

Our Flu Campaign started towards the end of September 2023 and we expect it to be completed by mid-December 2023, so if you are eligible, make sure you call us to book an appointment as soon as possible.

The Spring 2023 Covid Campaign was a little bit of a flop as we were not given a sufficient supply of vaccines and were therefore unable to vaccinate as many patients as we had previously managed. For the same reason we will not be vaccinating this Autumn / Winter, so if you require a Covid vaccine, make sure you book on the NHS National Booking System by calling them on 119. We are still not out of the woods yet as we have seen a slight rise in the number of Covid cases recently. There is still no harm in socially distancing, wearing masks and using hand sanitiser.

Child Vaccinations and Immunisations. (Vacc & Imms)

With the restrictions for patients coming to the surgery during Covid, we are still trying to catch up with children’s vaccinations and immunisations. We do encourage parents to bring their children to have their vaccinations and immunisations and bring their record up to date for their age. Please call reception to make an appointment with the nurse so they can both catch up and keep up to date.

Cervical Smears / Cytology.

All women should be proactive when it comes to keeping up to date with their Cytology cycle.

Seasonal Autumnal Recipe – Baked Apples.

– Feeds four, one per person.



Ingredients

- 4 Cooking Apples
- 200g of sultanas
- 2 table spoons of Light Muscovado Sugar
- 1 teaspoon of Ground Cinnamon
- 100g of butter
- 2 teaspoons of Demerara Sugar

Method

- **STEP 1**

Pre-heat the oven on to 200C/180C fan/ gas 6. Sit each apple on the worktop and remove the core from each apple.

- **STEP 2**

Mix the sultanas, muscovado sugar and cinnamon together in a bowl.

- **STEP 3**

Stand up the apples, side by side in a baking dish. Using your fingers, push the sultana mixture hard into each apple core hole until it is full up, using up all the mixture between them.

- **STEP 4**

Soften the butter and spread some all over each apple and then sprinkle over the demerara sugar. Put the dish in the oven for 20 mins or until the apples are cooked through.

- **STEP**

Serve when still hot with a dollop of Greek Yoghurt !

Enjoy !

